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Bangalore Mirror ON SUNDAY

TEMP Max 30 | Min 16 | Humidity 47% Clear with periodic clouds Sensex 60,841 | Nifty 17,854 | Gold 56,560 | Silver 67,625 | Dollar 82.23 | Euro 89.01 | GBP 99.13

SWING IT!

Afro-Latin is all the rage

PAGE 2

HAZED OUT

Something foul in the air?

PAGE 5

Why zoo authorities are planning a fresh campaign to popularise animal adoption scheme once again

FANTASTIC BEASTS & HOW TO ADOPT THEM

'Initiative launched 2 years ago to tide over pandemic fund crunch'

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The craze for adopting animals under the Bannerghatta Biological Park's (BBP) 'animal adoption' programme appears to have fizzled out.

As per the zoo officials, the number of adopters so far this year has gone down considerably, compared to the last year. While more than two thousand patrons came forward to adopt animals in 2021-22, only 278 have stepped up to sponsor the animals' living costs this year.

According to Dr Sunil Panwar, chief conservator of forests and executive director, BBP, the programme was launched over two years ago to ride through the pandemic-induced fund crunch, and it turned out to be a big hit among animal lovers.

"We were reeling under a fund crunch due to a lack of gate visitors; so we decided to run a campaign around the scheme last year, leading to the spike in the number

CONTINUED ON PAGE 13 »

"It is not about money but about creating a sense of attachment and bonding between zoo animals and public

— Dr Sunil Panwar, executive director, BBP

Study hard, no play?

In Karnataka, just 30.4% schools have dedicated teachers for physical education

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With greater focus on the importance of physical activity and exercise, especially after the pandemic, experts and parents have raised concerns about the state of physical education in Bengaluru's schools.

As per the recently released Annual Status of Education Report 2022 (ASER), though 68.9% of schools in India have playgrounds, only 4.3% of primary schools and 31% of upper-primary schools have separate teachers for physical education.

In Karnataka, 78.4% of schools have a playground inside the campus; however only 30.4% of schools have a separate teacher for physical education, the report revealed.

The ground reality, however, might be even worse in schools of Bengaluru.

"In a city like Bengaluru, it is not possible to have a playground in each school, be it private or government run. Most of the schools use the nearest BBMP playground for the purpose of physical education and sports. As far as separate faculty for physical education is concerned, almost all

CONTINUED ON PAGE 13 »

3 THINGS TO DO

01 Clowning it

Healthcare clowning is a form of expressive therapy that uses the skills and techniques of professional clowns to support and comfort patients in healthcare and reduce anxiety and stress. Actors' Conservatory along with artiste Igor Narvoski from Latvia have announced a 2-month course in Bengaluru. **Where: Atta Galatta, Indiranagar When: February 5, 2pm; Info: 9900589230**

02 Cyrus the funnyman

Raell Padamsee's ACE brings to you a fantastically funny show by the one and only, Cyrus Broacha. Broacha is a TV anchor, theatre personality, comedian, political satirist, columnist, podcaster and an author. This 1-hour standalone show called Cyrus Broacha Unlimited is an action-packed show with interactive quizzes, talent rounds, games, Cyrus's crack a jack humour, and so much more.
Where: Chowdiah Memorial Hall; When: February 8, 7:30 pm; Tickets: bookmyshow.com

They like to swing it!

Afro-Latin dance movements are the hottest trend in town and Bengalureans are putting their best foot forward

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Lesser-known Western dance forms are slowly finding favour among Bengalureans and dance studios say they are all the rage in town.

With many dance studios opening, dance instructors say there is a great demand of Afro-Latin dance forms Kizomba -- known for its simplicity and ease of learning -- and the popular West Coast Swing, which is an old dance form popular in United States.

Kizomba had originated from Angola. It is mostly performed in countries like USA, African countries and Europe. It is a smooth way of dancing that can influence tango steps. It is usually a couple dance where there are smooth body movements and a perfect synchronisation. The West Coast Swing is also a couple dance and is a form of swing-dancing.

Founder, Director, Lourd Vijay's Dance Studio (LVDS) and Guinness World Record holder Lourd Vijay said, "The new kid to hit the Indian shores is the West Coast Swing that can be danced to any form of music -- be it R&B, hip-hop, soul, rock n roll or disco. The West Coast Swing is an extremely popular dance form. We have students from the age of 12-70 from students to doctors from interns to seasoned entrepreneurs coming to dance and take lessons in dancing. Due to the high demand in learning dance forms, we are opening our second dance centre in Indiranagar. But since there are umpteen requests to teach, we do take classes at the Bangalore club and many apartment complexes across the city."

Several dance competitions in western dance forms are taking place more and more. There are many social events as well hosted in the city for western forms making it popular such as Valentine's Day held across many hotels. There is also India West Coast Swing Festival on April 29 and 30 at the BIC, for which, people have started to prep up.

Talking about how western dance is taking over, Sushanth Swaminathan, a dance instructor said, "Western dance forms has picked up more over the last few years because of the new culture that it brings. The need to try something new is what drives everybody to try out different dance forms. A dance who is well trained in the western dance forms, would love to at some point understand and learnt eh fundamentals of traditional classical dance forms, and also a trained classical dancer would like to try out other western dance forms."

Age just a number

Swaminathan said that it is never too late to begin dancing. There are so many people from different age groups attending all classes. The mix of such a group allows so much of fun and banter in class that really lifts everyone's energies. They had leading doctors come and dance with a college student and have a lovely time at class. There are CEOs of companies dancing with interns of other companies in the same class. That's the beauty of learning, he said.

At LVDS, the West Coast Swing is extremely popular

> **"It has definitely increased my self-confidence**
> – Ajay D'Souza, dance student

Students who perform these dance forms said they have seen a great change physically and had a much more active lifestyle. "I started with one style -- Swing -- and I'm addicted to it. I take classes for five styles now and keep ranting to my studio owner about introducing Flamenco. I feel healthier, happier and more connected to my body than before. Folks like me, who live in their heads too much, because our jobs require a lot of thinking and analysis, have a lot to benefit from physical activities like dancing," said Bhumika Joshi, Product Manager at Amazon, who has been practicing dance since a year.

Ajay D'Souza a student from LVDS said, "I have been learning Jive and Swing for just over two years now and Salsa for around a year. I have definitely seen an increase in my self-confidence. I used to shy away from social dancing, even if it were just shaking a leg to famous Bollywood numbers, but now, that's a thing of the past."

A rich culture and language that's Kannada

Chief Minister Basavaraj S Bommai on Saturday inaugurated the VK Kannada Habba at Central College campus.

Bommai said that he was happy to be part of this programme which was promoting Kannada language and culture. He said that there were concerns among many that Kannada language was facing a threat which was not true. "Our Kannada language has strong roots and will continue to be stronger in years to come," the CM said.

Later, actor-director Rishab Shetty said that he was happy to be part of a programme organised by VK as the print media was the most trusted in the country. College students had turned up in huge numbers for an engaging interaction with Shetty.

VK Editor Sudarshan Channangihalli said, "VK as a brand is known for organsing socially concerned programmes. Hence, we are organising Kannada Habba so that we can spread the Kannada language and culture among everyone in the society."

The day was filled with a host of activities. The day began with a procession of Kannada chariots drawn from different parts of the city culminating at the venue. Artist Vilas Nayak had the audience rapy when he did a live painting of Rishab's characterisation in Kantara movie. Shetty was awestruck with the painting and confessed that he was indeed a bigger fan of Nayak as the artist was making waves across the globe.

There were interesting sessions on health and wealth which were curated by well-known actor Anirudh. The food fair was inaugurated by Murali and actress Khushi Ravi and the Book fair by writer Ganeshaiah. Naveen Sajju and his team performed an enthralling music concert. The audience was also treated to a play 'Tughlaq', Bharatanatyam as well as a documentary 'Walking with wolves'.

Karnataka Chief Minister Basavaraj Bommai (centre) inaugurated VK Kannada Habba on Saturday

The second day will have a dedicated children's corner (pottery and fancy-dress competition), rangoli contest, discussion on growth of Kannada in digital space, Yakshagana, art programme by Badal Nanjundaswamy, panel discussion on start-up success and challenges, magic show, Kathasta by Nrityakala Vaibhav.

The valedictory programme will be held on Sunday between 5.30 pm to 6.30 pm and attended by Higher Education Minister Dr CN Ashwath Narayan, Sri Vachananda Swamiji, Geeta Shivarajkumar, MLC TA Saravana, Bengaluru City University vice-chancellor Prof Lingaraja Gandhi and registrar CN Sridhar. Vasuki Vaibhav will also present his musical concert.

There will be culinary delights as well with diverse dishes from Malnad, coastal, north and southern Karnataka cuisines. The entry for Kannada Habba is free. For registration, WhatsApp your name, address and contact number to 7676668588.

— Prakash VL

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THE TIMES GROUP

VK ವಿಜಯ ಕರ್ನಾಟಕ
VIJAY KARNATAKA
The largest read daily in Karnataka

VK ಕನ್ನಡ ಹಬ್ಬ
Kannada Festival

FREE PARKING

FREE ENTRY

VK Kannada Habba

It's not just a Celebration, But a Treat for our Emotions

Art | Literature | Music | Cinema | Folk | Comedy | Food | Health | Job

Hon'ble Chief Minister Basavaraj Bommai, Cine artists Shivarajkumar and Rishab Shetty will grace the VK Kananda Habba

Venue: Jnana Jyothi Auditorium
Central College Campus,
Near Mysore Bank Circle, Bengaluru

Closing Ceremony - Dr. C.N. Ashwath Narayan, Minister, Government of Karnataka, Musical Night by Vasuki Vaibhav

Music Concert
by SAREGAMAPA team

Vintage Car Rally

Kathastra
play by Prabhat Arts International

Conversation on Kannada in Digital Sphere

- Arun Javagal
- Om Shivaprakash H.L.
- Vaishnavi Murthy Yerkadithaya
- Lohit D.S.

Conversation with author

A talk with popular writer Vasudhendra

Badal's World
with Badal Nanjundaswamy

Discussion
Start up Success and Challenges

Guardian Talk
Shubha Madhusudan

Jadoo Jhalak
Uday Jadugar

Interaction
Noted poet Doddarange Gowda, KSP President Mahesh Joshi

Today is the Last Day of Enthralling Weekend Entertainment

This weekend at Bengaluru City University - Central College, Vijay Karnataka is organising the VK Kannada Habba with Drama, Dance, Story, Thought Provoking Discussions on Kannada.

Bring your children and participate I All are requested to come and join us

FREE • Blood Donation camp • Eye check-up • Health check-up • Dental check-up • Book Fair • On the spot drawing by artists

Program Anchor: Anjali Ramachandra

Scan the QR code for address location

Knowledge partner · Hospital partner · Hospitality partner · Health partner · Associate partners · Fragrance partner · Vintage Car Exhibition

Special partners · Partner

Come without fail, Let us celebrate

Bengalureans stand up for what is right

City folks hit the streets for public transport, meet CM to express flyover woes

Bangalore Mirror Bureau
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City dwellers gathered separately to highlight two burning issues on Saturday – support for public transport in the upcoming budget session and intervention in the proposed Sankey Tank flyover project.

'Public transport-friendly city'

Nearly 100 Bengalureans gathered at the Majestic bus stop on Saturday morning and formed a human chain to demand budget support for public transport in the upcoming session. Citizens from various walks of life and communities stood shoulder to shoulder and raised slogans demanding affordable and accessible public transport systems in the city.

Protestors expressed that access to affordable, safe, and widely available transport is essential for a decent and dignified life.

"Lakhs of people in Bengaluru are being deprived of this essential need. Our demand from the government is to make travel free for vulnerable sections. We are for the allocation of the required funds to the Bengaluru Metropolitan Transport Corporation (BMTC) in the upcoming budget session to implement this. This allocation should be specifically for the free travel scheme and not for any other viability gap funding," said Vinay Sreenivasa, a member of Bengaluru Bus Prayanikara Vedike.

The participants voiced that the only real solution to congestion, pollution, emissions, and tree-cutting is a strong public transport system, which should be expanded in the city on an urgent basis. "We request the government to urgently lift the ongoing hiring freeze on BMTC and allow the corporation to hire 1,000 additional staff on its rolls by fund allocation," said another participant.

According to the members of Collective, a student youth organization that participated in the human chain formation, students that used BMTC to commute have been facing multiple issues.

"With the National Education Policy rolled out, while a lot of colleges have started multiple shifts, the low frequency of buses at night is becoming difficult to manage," said Shalom, a member of Collective.

"I know of many people who walk three to four kilometres to their workplaces as they cannot afford the bus fare. Many who use the bus travel only within Rs 10 bus fare distance as that is all they can afford," said Rajesh Srinivas from Sangama, a non-profit organisation.

City folks met CM Bommai at his residence (above); citizens formed a human chain demanding better public transport in Bengaluru

Sankey flyover project: Intervention required

A group of citizens from Malleshwaram and nearby areas met Chief Minister Basavaraj Bommai on Saturday and sought his intervention in the proposed Sankey Tank flyover project. "We raised the issue with the CM and asked him about the reason behind building the flyover. He responded that while we all know that it is being built to deal with traffic-related issues, if the locals feel they don't want it, then they should communicate to him the reason," said a member of the resident group.

The proposed flyover has been hugely criticised by experts and citizen groups alike since being announced by the Bruhat Bengaluru Mahanagara Palike (BBMP).

As per the Detailed Project Report, the flyover is proposed to be constructed on the Malleswaram 18th Cross-Sankey Tank gate end. However, urban mobility experts, environmental activists, and citizens opine it will further increase traffic congestion and damage the ecology around the sensitive Sankey Tank bund area.

"Our meeting with the CM has given us faith that a comprehensive consultation and due diligence will be carried out before any rash decisions are made. With the G20 Environment & Climate Sustainability being hosted in Bengaluru this week, I have faith that our leaders will first address the concerns we have right here in our backyard," said Kimsuka Iyer, a resident of Sadashivnagar.

A public discussion with experts and officials on the much-criticised project was also organised recently by citizens.

Safai Karamcharis want more incentives

Although Bengaluru-based safai karamcharis (sanitation workers) are welcoming the Centre's move to shift to mechanised sewer cleaning, they want more incentives. Union Finance Minister Nirmala Sitharaman announced the allocation of nearly Rs 100 crore in this year's budget towards the NAMASTE (National Action Plan for Mechanised Sanction Ecosystem) scheme. Under this newly developed scheme, the government is working to mechanise desludging of septic tanks and sewers across the country.

She announced that villages and towns will be able to transition from man-hole to machine-hole mode. The NAMASTE scheme was launched last year with a goal to eliminate the hazardous cleaning of sewers and septic tanks. The Ministry of Housing and Urban Development and Ministry of Social Justice are jointly expected to spend Rs 360 crore on the scheme in the next four years.

For Bengalureans, this means no more human tragedies as the city is no stranger to the ruthless act of manual scavenging. A complaint was filed against a construction company in September 2022 when they forced two workers from Bihar to use their hands to clean sewage on Infantry Road. "It is an institutional problem. Unfortunately, it is only when people die that this issue comes up. A large part of Karnataka does not have a proper sewage system and unaccounted manual scavenging has increased over the years. In order to make an actual difference, the government needs to provide complete rehabilitation and alternative employment to these workers," said Matreyi, state committee member, All India Central Council of Trade Union (AICCTU).

A similar incident was reported when Smart City affiliated contractors sent a worker down a manhole without any safety gear and dismissed the entire matter when questioned about it.

"Sewer cleaning is a small part of a larger problem. There are other categories of sanitation workers who work in even worse conditions. Our organisation has filed over 200 applications for acknowledgement and rehabilitation of manual scavengers, none of which have been accepted by the government. NAMASTE might solve the problem of manual sewer cleaning, but it does not resolve the entire issue," said Siddharth KJ from Safai Karamchari Kavalu Samiti.

The actual number of government-acknowledged deaths from manual cleaning of sewers and septic tanks in India are shocking, with almost 347 people engaged in the same losing their lives over the last five years. Sewage cleaning and working with human excreta is extremely hazardous and goes against the concept of 'dignity of labour'. It is a gross violation of basic human rights.

— Navya Aggarwal

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Danger ahead

Millers Road

This structure is not fenced in and is protruding dangerously on the footpath near Millers Road and Ali Askar Road junction.

Dirty market

KR Puram

KR Puram market is very dirty. Unauthorised vegetable vendors are blocking the road.

Clean the trash

Marappa Garden

Garbage has not been cleaned in Marappa Garden off Nandidurga Road for three months.

Paying traffic fine? Website crashes all intentions

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The State Transport Department had recently announced that a 50 per cent discount would be given to the people on their traffic fines till February 11. However, those trying to pay the fine on the official website say they were unable to do so because of server errors.

People BM spoke to said that despite trying several times, the page did not load. However, authorities said that there were other ways of paying the fines as well.

Kuldeep Kumar R Jain, DCP, traffic, West division, said, "Glitches might happen on the official website because so many people are trying to use it at once. If the website is not working, the people can use the Karnataka One website or they can use Paytm or they can simply walk into the nearest traffic police station and pay their fines."

People can use the Karnataka One website or walk into nearest traffic police station

The people say that they have been facing glitches since Friday.

Ashish K, a resident of Jalahalli, said, "I have been trying to open the official website of Bangalore Traffic Police to pay my fine since yesterday but it has not been loading. The same thing happened today as well."

Anand Rai, residing in Kengeri, said that he had a fine on two of his vehicles and he wanted to pay them off as soon as possible. But he was not able to access the official website of traffic police. He tried from his laptop, his phone and even from the phone of a friend but it did not load.

Most of the people were depending on the official website for paying their fines because they were not aware of the other options available.

Kaushal Patil, residing in Indiranagar, said, "I kept on trying to access the official website because I did not know about the alternate options. Paytm is quite easy for paying."

On the second day of the announcement, from the total cases of 4,77,298, the fine amount of Rs 13,81,13,621 was collected. On the first day, the amount collected was Rs 5.61 crore.

Something foul in the air?

Experts say B'luru's AQI may not be as clean as stated; they say monitoring stations may not be up to the mark

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Experts say the air quality cannot be 'satisfactory' for the better part of the year in Bengaluru

For most of the year, Air Quality Index (AQI) values measured by the majority of the real-time air pollution monitoring stations in Bengaluru fall under the satisfactory range (AQI value between 51 and 100). On the rest of the occasions, it is moderate (AQI value between 101 and 200).

While the values thrown up by the seven Continuous Ambient Air Quality Monitoring Stations (CAAQMs) paint a rosy picture of the city, air quality experts say the number and position of monitoring stations in the city are not up to the mark.

Experts say, while Bengaluru's altitude, geography, and climatology, leading to a high number of windy days and very few stagnant days, keep its AQI under control to some extent, it does not explain 'satisfactory' air quality for a better part of the year.

"The traffic-related pollution and vehicular emissions in Bengaluru are as bad as in any other big city like New Delhi. Although Bengaluru has the advantage of its geographical location and meteorological factors that cause the pollutants to drift toward the plain area, just that cannot justify the ever-green values of AQI in the city when the rest of the country is going the other way. This is where the selection of places to install air quality monitoring stations comes into the picture," said Dr Gurfan Baig, professor at the National Institute of Advanced Studies (NIAS), IISc campus.

The Karnataka State Pollution Control Board has installed seven Continuous Ambient Air Quality Monitoring Stations (CAAQMs) covering residential, commercial, mixed, and silence zones. The stations are installed at City Railway Station, Nisarga Bhavan, Saneguruvanahalli, Veterinary College, Hebbal, Shalini Ground, Jayanagar, KAVIKA, Mysore Road, NIMHANS and HSR Layout, Near Central Silk Board. The air quality at these stations is monitored round the clock for primary and secondary pollutants.

Bangalore Mirror
Air that we just can't breathe in
Data by Karnataka Pollution Control Board says that particulate matter levels breached permissible limits most days in November

Our story last year covered how the PM matter levels breached 24-hour safe limits by CPCB

According to Dr Pratima Singh, research scientist, Center for Study of Science, Technology and Policy (CSTEP), while Bengaluru's lower AQI values compared to other cities can be attributed to frequent rainfall and geography, a larger network of sensors is the need of the hour.

"Having a larger network of air quality monitoring sensors will help us to understand the city in a better way. As per the rule of thumb by the Central Pollution Control Board, a city with a total population of one lakh should have at least four sensors for a complete picture. However, it is impossible to have such a network looking at the cost of these sensors," said Dr Singh.

Each real-time air quality monitoring sensor that is being used by the KSPCB currently costs around Rs 1.5 crore.

> **A larger network of air quality monitoring sensors will help us understand B'luru better**
>
> –Dr Pratima Singh, research scientist, Center for Study of Science, Technology and Policy

"The state pollution control boards do not have that kind of funds available. However, the dense network can be created through alternative technologies such as low-cost sensors to understand the pollution level in the city in a better way," added Dr Singh.

allo
#AskThe'S'EXPERT

1 Is it safe to have sex during periods and can condom protect us from getting STD/ HIV ?
It is okay to have sex during periods. It's important to check if your partner is comfortable having sex while on their period. Some risks during this time can be reduced easily. During your period, you may be at a slightly higher risk of infection because the cervix is more open and blood can act as a breeding ground for bacteria. Using a condom can help reduce the risk of infection. Do remember that pregnancy is possible even if one is on their period- though the chances are lower. To prevent unplanned pregnancies do use contraception.

2 What is ideal lifestyle for good sexual health?
A healthy lifestyle can contribute to an increased libido and reduce chances of sexual dysfunctions. Some steps you can take include better management of stress, maintaining healthy body weight, engaging in physical exercises (such as jogging, brisk walking, sports, etc), maintaining genital hygiene, and making sure to get enough sleep and eat nutritious food. Decreasing alcohol intake and smoking helps reduce the possibility of sexual dysfunction.

21.43 %
Single males believe that all individuals involved in any **sexual activity DON'T** need to give **consent** for it.
This is ***False.***
Sexual Health Ed Survey, Allo Health (2022)*

Ask anonymously or read more allo.health/ask

New railway routes to aid smooth travel

New railway lines can reduce B'luru-Belagavi distance by 105 km; need to speed up quadrupling of Cantonment-Whitefield work, says activist

| Sridhar.Vivan
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Track doubling between Yeshwantpur and Channasandra has got an allocation of Rs 85 crore

The Bengaluru-Mumbai rail route may become shorter and the Bengaluru-Hyderabad train journey may become faster as per the budgetary allocation.

Currently, the Bengaluru-Mumbai railway line (via Miraj) is a bit of a detour in Karnataka. The track from Tumakuru passes via Kadur Birur and Chikkajajur to reach Davanagere while the shorter route between Tumakuru and Davanagere is via Chitradurga.

The 2023-24 annual budget has allocated Rs 420.85 crore (government of Karnataka's share is Rs 200 crore) for the Tumkur-Davanagere section.

According to rail activists, this route will shorten the distance by 60 km. The second detour in this railway line is between Dharwad and Belagavi. The train track passes via Londa-Khanapur and Belagavi. The railways have now allocated a sum of Rs 10 crore for the project.

Rail activists added that the allocation needs to be increased and this new line should be prioritised. This new line via Kittur can shorten the distance between Dharwad and Belagavi by 45 km. Overall, the new Greenfield tracks can reduce the overall distance between the two cities, approximately by 105 km (the distance is given approximately as the exact distance can be known once the survey is finalised).

> **"It is said that there is no mention of doubling of Yelahanka and Devanahalli, which is crucial. There needs to be funding for taking up automatic signalling**
> – Sanjeev Dyamannanavar, rail activist

Siddarth R, a regular train commuter, told Bangalore Mirror that Bengaluru-Pune-Mumbai is one of the most popular routes as many prefer to take the train journey.

"Currently, there are two routes; one via Solapur and the second via Hubballi. The Hubballi route is also important for the economic growth of the state as it connects the length of Karnataka and many of the important junctions are connected by train," he said.

Hence, the reduction in distance will subsequently reduce the travel time and this is beneficial, he added.

Allocations have also been made for construction of new lines like Gadag-Wadi, Ginigera-Raichur, Tumkur-Rayadurg, Bagalkot-Kudachi, Shivamogga-Ranebennur, Marikuppam-Kuppam and Malagur-Palasamudram.

Bengaluru rail section

Meanwhile, the doubling of key tracks are likely to pick up pace as the railways have made allocations for doubling projects. The Yeshwanthpur-Channasandra has got an allocation of Rs 85 crore and Baiyappanahalli-Hosur will get a funding of Rs 100 crore.

For the Bengaluru section, railways have allocated Rs 250 crore for quadrupling the Bengaluru Cant-Whitefield section. This section witnesses heavy rail traffic and the quadrupling project has been on the paper for a long time.

"The doubling of Yeshwanthpur to Hosur and quadrupling of Whitefield needs to be fastened so that they stick to the deadline. There is a need to take up yard remodelling at Yeshwanthpur and Cantonment stations," said Sanjeev Dyamannanavar, a rail activist. "It is said that there is no mention of doubling of Yelahanka and Devanahalli, which is crucial. There needs to be funding for taking up automatic signalling," he added.

The South Western Railways have allocated Rs 120 crore for doubling of Penukonda-Dharmavaram, which is a key to enhance speed between Bengaluru-Secunderabad sections and it also connects Bengaluru to Delhi section as well.

Finally, we know who will pay for IISc evaluation on rapid roads

| Melvin Mathew
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TWEETS @BangaloreMIRROR

Following confusion over who would foot the bill for the Indian Institute of Science (IISc) evaluation of the rapid road, Bruhat Bengaluru Mahanagara Palike (BBMP) officials said that the technology partner Ultra Tech Cement Ltd has agreed to pay.

After the rapid road developed cracks within 1 month, BBMP had urged the premier institution in the city IISc to conduct an evaluation of the road.

The technology partner of the rapid road technology project on Old Madras Road, Ultra Tech has agreed to foot the bill for IISc evaluation. After the experiment with rapid roads developed cracks within a month, the civic body had requested a thorough investigation from IISc researchers, after which they forwarded their quote to BBMP.

The road technique was projected to be a faster method but further plans for expansions are on hold until the completion of the evaluation.

BBMP Engineer-in-Chief, BS Prahallad told Bangalore Mirror that Ultra Tech, the technology partner has agreed to foot the bill of amount of Rs 23 lakhs and payment is expected by Monday.

"There has been some delay in the transfer of funds from Ultra Tech and has requested more time. But we have insisted on expediting the payment due to public outcry over the project. Roughly two months have passed and the road should be evaluated. BBMP will pay the contractors for the white-topping work only after the IISc evaluation is completed," he informed.

BBMP officials added that they have already written a letter to Ultra Tech highlighting the same.

The pilot project was partially financed by Ultra Tech under the CSR initiative.

According to the technology used, 20 feet long and 5 feet wide precast slabs were joined together at the site. However, a month later, around 8 of the 250 slabs developed cracks.

BangaloreMirror
Rapid Road Test
Who will pay Rs 28 lakh to IISc for road evaluation?
| Sridhar.Vivan@timesgroup.com
TWEETS @sridharVMIRROR
The Bruhat Bengaluru Mahanagara Palike in association with a private firm experimented with 'rapid roads' that can be built in record time.
However, now the rapid road has created a 'rapid puzzle' for the civic agency. After the construction of rapid roads, there were a lot of complaints from motorists about

Never-ending cycle of road work

| Shreyashi Mukherjee
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TWEETS @BangaloreMIRROR

For the residents of Chinnamma Layout, the menace of dug-up roads seems to be never-ending in the area. They say that the digging up of a road that was recently laid is causing them inconconvineces.

The cemented road was recently laid down. However, it was dug up again for carrying out drainage-related work.

"It has not been 6 months since the road was cemented and now these people have dug up the road again. If there was a drainage issue, then they should have figured it out before cementing the road. That way it would have spared all of us," said Abhijith Kumar, a resident of the area.

Further, the residents fear about the time that will be taken by the authorities to fix the area.

"The authorities have the habit of not finishing their work on time. We do not have any idea how long the authorities will take to fix this area and for how long we will have to bear the inconveniences," said Suresh Patil, another resident.

Other residents added that the road now has been filled with cement debris and it is becoming difficult to walk through this road.

Deepak Pillai, another resident, told Bangalore Mirror that commuting through the road has now become a nightmare. There is no space for people to take their vehicles out.

Steel rods are protruding from the road in Chinnamma Layout

"Moreover, there are steel rods protruding from this stretch which might turn out to be very dangerous for the pedestrians, especially for kids," he said.

Reportedly, the road is already narrow, and the debris is further taking up the space. Residents have to book vehicles from apps so that they can reach their destinations.

According to Jayadev Patil, another resident, it is getting very difficult for him to take his car out of his house.

"The blocks of cement have left no space for us to take the vehicles. It has made the road even more congested," he said.

Raman Mohanty, another resident, told BM that to reach his office he had to book an auto.

"The cement blocks have blocked the road. For booking an auto, I had to walk some distance because the driver refused to come near my house," he said.

Meanwhile, a Bruhat Bengaluru Mahanagara Palike (BBMP) official said that they would look into the matter.

THE SUNDAY READ

KAUSHIK JN

Rohan Rajendra trains with his combat coach Pavan Kumar

Fighting force

Age, physical conditions and other obstacles are no bar for these champion combat sportspersons

Kaushik JN
@timesgroup.com
TWEETS @BangaloreMIRROR

They belong to different age-groups and have suffered different kinds of setbacks in their lives. But, where there is a will, there is a way -- and these champions have proven the adage by crossing all obstacles to win laurels in combat sports, Muay Thai and MMA (Mixed Martial Arts) at the 'Golden Mongkhon', a tournament held recently in the city.

Golden Mongkhon, a Pro-Amateur Muay Thai competition - is a platform exclusively for Muay Thai fighters in India. Started in 2020 by Hemanth Kumar, a Pro Muay Thai fighter and a head coach in Roar Fitness, the event had three seasons in Bengaluru in which over 300 Muay Thai fighters participated from all over the country.

Hemanth Kumar told BM during the tournaments he came across these champions. "I was surprised to see people, who are a decade apart in terms of their age, and with physical conditions participate and win the championship. I want to show the potential of such fighters which is why I started this tournament in Bengaluru, which is a platform for all fighters in India."

Ashwin Naidu, fighter & coach

Hemanth Kumar, head coach

Rajith Kumar, fighter

Rohan Rajendra is a 24-year-old IT employee who used to watch combat tournaments on TV earlier and later developed an interest in learning martial arts. He was motivated but his physical condition held him back. Born with a shoulder condition, Erb's palsy, he cannot see clearly without his powered glasses as his vision is blurred and he could not bend his knee and hip which had remained stiff all his life.

"Doctors had suggested that I refrain from any physical activity at all but I joined kick boxing in 2021. I slowly developed the confidence in training and fighting," he said.

He has participated in three competitions and won. " I am looking forward to representing my country in an international combat championship happening this year in Bangkok, Thailand. I thank my coach and my family for standing by me and supporting my passion," he added.

It was not all smooth for him in the beginning. He was rejected by eight fighting clubs already due to his hospital condition. Then his coach took it up as a challenge. RAW combat coach Pavan Kumar told BM that "I took him up to see his potential. I quickly noticed his strengths and weaknesses while training. I had to push him to the corner and trained him hard. His plexus nerves gave us both a difficult time as he had to throw a punch from his right arm. He was good at kicks but he could never throw a proper tight punch from his right arm, as he used to take support from his left hand to lift and stretch the right arm. After training for several months, he developed a grip and started fighting like a pro with perfect moves. I had to take special sessions for him," said Kumar.

Rajith Kumar is a 34-year-old private school teacher. "When I was eight years old, I was always bullied in school. I was beaten up and went home crying as I was weak. One day, I thought of my sister who was also bullied in the same school, I wanted to stand by her so I got into learning martial arts. My sister also got motivated by me and learnt martial arts, now she too is a champion," he said.

He has been training and fighting for 24 years and has participated in 40 championships and won several matches. He is trained in boxing, kickboxing, Muay Thai, MMA and BJJ (Brazilian Jim-jitsu). "When I was in a good form in martial arts, I was diagnosed with lymph cancer at the age of 25 years. I was shattered and stopped fighting. But after four years with the help of my coach, I got back into training and back to fighting," he added.

Rajith's coach Ashwin Naidu remembers those tough times. "He was a bright and disciplined student of mine but he lost hope after his surgery. Doctors advised him not to fight but one day he came to the class, I told him to wear gloves and fight another student in the ring. He quickly gained back his strength and he has been training hard and got into many combat championships," said Naidu.

Naidu himself is a 46-year-old director of a private company and founder, head coach of TSMA (The school of Martial Arts). He has been training, fighting and teaching martial arts since 1993. In 1998, he got a black belt in full body contact training under the training of SK Murthy. Ashwin has been training corporate companies, schools and security agencies in Bengaluru.

"Recently in a tournament, my opponent was a 24-year-old boy. I was told by my students to be careful and not to fight but I won against him as I see age has never been a barrier to me. I have fought in 58 tournaments against all age groups. I was always keen to learn new techniques from my opponent," he said.

"I was surprised to see people, who are a decade apart in terms of their age, and with physical conditions participate and win the championship. I want to show the potential of such fighters so I started this tournament in Bengaluru for all fighters in India

–Hemanth Kumar, Roar Fitness

Fibroids may impact fertility, but not always

1 I am a 38 year old married woman. Recently I have been diagnosed as having Uterine Fibroids. Is it possible for me to conceive and have healthy babies?
-Siri, Bangalore

Fibroids are benign tumours that grow in or on the uterus, or womb. They may impact fertility and pregnancy chances.

Some types of fibroids may have an impact on fertility. For example, fibroids that bulge into the center of the uterus can make it more difficult for an embryo to implant into the lining of the uterus.

Otherwise many women who have fibroids can get pregnant naturally. Treatment may not even be necessary for conception.

However it is advisable to consult your doctor before coming to any conclusion.

2 I have been diagnosed for endometriosis and recently have developed ovarian cysts. I am planning to start a family. Does this affect my pregnancy? Can I conceive normally? **-Srimati, Bangarpete**

Some ovarian cysts can be associated with decreased fertility. However, it depends on the type of ovarian cyst you have. If you suffer from endometriosis then Endometriomas are the cysts caused when the uterine tissue grows outside of the uterus. They can be extremely painful and can cause other problems. If you have an ovarian cyst, it's important to first understand what it is, the signs of it, and the type you have.

Depending upon the type of cyst your Gynaecologist may suggest ways for your safe pregnancy. In extreme cases, surgery might be needed to remove ovarian cysts. If your cyst or cysts are growing, cause severe pain, don't go away on their own, or look odd, your healthcare provider may recommend surgery to remove the cysts.

Dr Pratibha Govindaiah
MBBS, DNB, FIRM, FMAS
Fertility Specialist and Gynaecologist

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Bengaluru

Selected answers will be published in this column

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

A STRING OF HAPPINESS

A kettle of barn swallows perching near Chunchaghatta Lake

The picture was clicked by BM reader **Sambhav CS**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Pedestrian safety: Uncertain in B'luru

Commuters face inconveniences due to terrible condition of footpaths at various locations in city

Shreyashi Mukherjee
c-shreyashi.m
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TWEETS @BangaloreMIRROR

At some places slabs have come off from the footpaths, making them not only unusable but also dangerous

The commuters of Sarjapur road are upset over the condition of the footpaths in the area. They say that they are forced to walk on the road, which can be dangerous and lead to accidents. The footpaths are either encroached or in a terrible condition.

Ashok G, a commuter, told Bangalore Mirror that the conditions of the footpaths are absolutely terrible.

"The slabs are broken, uneven and there is no space for people to walk on them and it makes it very inconvenient for the pedestrians. The road is already quite busy and despite that the people are forced to walk in the middle of it because of the poor condition of the footpaths," he said.

"We are forced to walk on the road which is not only dangerous but it also causes a lot of traffic congestion. The cars also go at a high speed which makes walking on the road more dangerous. On one of the footpaths, a tree has fallen and it has remained like that for days," said Avani Sharma, a pedestrian.

The commuters of Outer Ring Road are also dealing with a similar problem.

According to Sameer Saini, another commuter, despite having so many tech centres in the area the condition of the footpaths are deplorable.

"The people who are using them can easily fall and injure themselves. Before such a thing happens, it is important for the authorities to take some action and fix these footpaths and avoid any kind of accident," he said.

Other commuters added that footpaths are used by a number of senior citizens and children and it could be more dangerous for them to walk on these footpaths.

"Children and senior citizens are more prone to get injured here," said Sathyanarayan K, another commuter.

The commuters at Hennur Main Road bus stand are also facing problems as the footpath is in awful state.

"This stretch is quite busy and a lot of people use it because of the bus stand. Despite that, the condition of the footpath is so bad. There is bamboo on the path and food vendors have encroached the rest of the footpath leaving no space for the pedestrians," said Karthik Kumar, another commuter.

Meanwhile, a Bruhat Bengaluru Mahanagara Palike (BBMP) official said that they would look into the problems and start the work as soon as possible.

DID YOU KNOW?

Atal Bihari Vajpayee Medical College and Research Institution was previously known as Bowring and Lady Curzon Hospital. The hospital was founded by Lewin Benthon Bowring in 1868. He was then the Commissioner of Mysore. Originally, the hospital was a medical institution that belonged to Mysore state. It is located in Shivajinagar on Lady Curzon Road. In 1884, it was taken over by the Civil and Military Administration. Then it had a total of 104 beds. Until 1890 it was the only civil medical institution in the city. It is said that it was built on the plan of Lariboisiere Hospital in Paris. During covid-19 pandemic the hospital played an active role.

GET HEARD WITH MIRROR

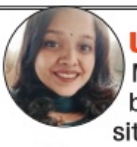
9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

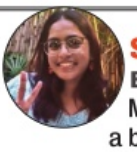
where Bengalureans speak their mind

What are your favourite places in the city to spend a quiet evening?



Udita Singhal, BM Reader
My favourite space is the neighbourhood park opposite college to sit, relax and gossip there for hours with my roommates.

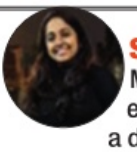
Debanishta Khan, BM Reader
My favourite spot is either a public park or a shopping mall. These places just rejuvenate my senses and keep my mind fresh, I love movement and people, and hence these are my spots.



Samyuktha Hosmutt, BM Reader
My favourite place would either be a brewery or a bar during the weekends preferably. The chattering of people and loud music keep my mood and spirits energised.

Neelanti Paul, BM Reader
My favourite place would be the nearest café, bookshop or a brewery because the crowds in these spaces are different. Some lively music really keeps my mood going in a quiet time.

Saisha R, BM Reader
My favourite place in the city is either the quietest cafe or a bookstore. These places complete my evening as the space and environment never fail to amaze me.



Sherin Sunny, BM Reader
My favourite place in the city is either some bookstore cafe or a dog cafe. Both are entertaining spaces and have their own vibe, which completes me in silence.

SPEAK TO US

How does the citizen ensure the city is growing in a planned manner?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

HEALTH TIP: Tomatoes are technically fruits or berries but usually eaten as vegetables. They're high in vitamin C and potassium

The olive is another delicious high-fat fruit. It's very high in iron and copper and contains a decent amount of vitamin E

BangaloreMirror | 9
Sunday, February 5, 2023
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All problems solved

Dear Coleen

I'm a 31-year-old single woman and a few weeks ago, I was at a friend's house party. Her husband offered to drive me home at the end of the night because he hadn't been drinking. I know him well as we went to the same school, then he married my friend. We've always got on well.
Anyway, when he was dropping me off, he leaned over and kissed me. But it wasn't a friendly peck on the cheek, it was a full-blown snog and I loved it.
I know that should have been it, but when he texted me the following day and asked to see me, I agreed. And since then we've been having incredible sex at every opportunity. I've definitely fallen in love with him and now I don't know what to do.
I know that this is wrong and hurtful, but it's as if I'm addicted to this affair. Please help.

COLEEN SAYS

You're saying you're addicted to this affair, which feels like an excuse to carry on because you can't stop, but you can. You just don't want to stop. Ask yourself what kind of man makes a move on his wife's friend and then gets involved in an affair. You might be in love and fantasise about running off with him and making a life together, but all this is probably just a fun pitstop for him. He might even say he loves you or promise all sorts, but is he going to actually leave his wife for you? If you think you genuinely love him, you need to find out how serious he is. Carrying on with you behind his wife's back is not only cruel, but the longer it goes on, the more likely it is that she'll find out. This is a big mess. And have you actually thought about this from your friend's perspective?
If you're going to cause heartache and end a marriage and a friendship, you have to be very sure it's worth it.

—Coleen Nolan, Daily Mirror

Midnight cravings

When those sudden hunger pangs strike, these versatile snack recipes are sure to make your tummy happy

TWO-WAY METHI AND KOTHIMBIR WADI

INGREDIENTS

- Finely chopped methi leaves: 2 cups
- Finely chopped coriander leaves: 1 cup
- Besan/ gram flour: 1 tsp
- Ginger garlic paste: ½ tsp
- Kashmiri red chili powder: ½ tsp
- Turmeric: ½ tsp
- Finely chopped green chilli: 1
- Coriander powder: ½ tsp
- Cumin powder: ½ tsp
- White sesame powder: 1 tsp
- Crushed roasted peanuts: ¼th cup
- Masala powder: ¼ gms
- Salt: To taste
- Lemon juice: 1 tsp
- Water as required: ¼ cup
- Oil: for frying

Prep Time: 15 mins
Cooking Time: 30
Serves 4

METHOD

- Take 2 cups of chopped methi and chopped coriander leaves in a large mixing bowl. Add 1 cup of besan to the bowl. Additionally, add 1 tsp of ginger-garlic paste, 1 green chili, ½ tsp of red chili powder, ½ tsp of turmeric powder, ½ tsp of cumin powder, ¼ tsp of garam masala powder, 1 tsp of sesame seeds, roasted peanuts, salt and 1 tsp of lemon juice. Mix all the spices well.
- Squeeze the coriander leaves well and add water as required and begin to knead the mixture. Knead to a soft dough. Shape the dough into a cylindrical shape with your hands. Make sure that the hands are greased with oil to avoid stickiness. Steam the dough for 15-20 minutes. Cool the dough completely and cut them into thick slices. Deep fry or shallow fry it in hot oil. Stir occasionally till the wadi turns crisp and golden brown. Lastly, serve kothimbir wadi garnished with coriander leaves with your favorite hot beverage. Can also be eaten just steamed which is equally delicious.

CHICKEN KEEMA-STUFFED SABUDANA WADA

INGREDIENTS

- Chicken mince: 250 gm
- Coriander leaves (finely chopped): ¼ cup
- Soaked sabundana (3-4 hours): 2 cups
- Ginger-garlic paste: 1 tsp
- Finely chopped onion: 100 gm
- Potato: 1 medium boiled
- Kashmiri red chilli powder: ½ tsp
- Turmeric: ½ tsp
- Finely chopped green chilli: 1
- Coriander Powder: ½ tsp
- Cumin Powder: ½ tsp
- Chopped curry leaves: 1 tsp
- Crushed roasted peanuts: ¼ cup
- Garam masala powder: 1 tsp
- Salt: A pinch to taste
- Oil: For deep frying

Prep Time: 30 mins
Cooking Time: 10
Serves 3

METHOD

- In a pan, heat the oil. Add the chopped onion and continue to cook until light brown. Add the ginger garlic paste and cook for a while. Add the minced chicken and a pinch of salt to it. This will help to drain the excess water and cook for some time. Once the water is drained, add turmeric, chilli powder, cumin, and garam masala and nicely mix with the chicken for approximately 12 minutes. Do not add any water to the mixture. Sprinkle chopped coriander as the final seasoning and mix well. In the meantime, place the soaked sabudana in a basin. Salt, boiled potatoes, roasted smashed peanuts, chopped green chilies, curry leaves, and chopped coriander should all be added at this point.
- For the wada. Take part of the sabudana mixture, flatten it, and then stuff it with a sizable amount of the chicken mixture before encasing it. For the other wadas, follow the same procedure. Lightly oil hands before each wada to prevent sticking. In a kadhai, warm the oil. The wadas should be deep-fried until crispy and golden. Depending on the size of the kadhai, add a few wadas at a time because sabudana tends to attach to one another.
- Serve hot with sweetened curd and mint chutney.

By Chef Gaurav Ramakrishnan, Head Chef of Hyatt Centric Bangalore

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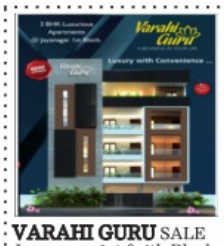

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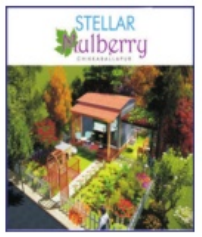

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I, SALEEM PASHA, S/o, Abdul Razak and Residing at No.96, 6th Main Road, ITI Layout, Benson Town Post, Bangalore 560046 have changed my name to SALEEM DILSHAD RAZAK vide Affidavit dated 06.01.2023 sworn before notary B V Nagabhushana, Bangalore.

I, Aadityaprasad Shankarappa S/o Shankarappa R/a #105, SVC Classic Apt, 10th Crs, Virat Nagar, B'Halli, Blr-68, have changed my name to Aadityaprasad Shankar vide affidavit Dtd: 04/02/2023 before Notary M. Rajendra, B'lore

I, Dalpath Singh Rewat Singh S/o Rewat Singh R/o #54, Baffanna Mansion , 2nd Floor, Nagarathpet main Rd , B'lore-560002 have changed my name in passport as Given name :Dalpath and Surname as Singh

I Narendra Kumar Singhvi, S/o. Subhraj Singhvi, R/o. Rajajinagar, Bangalore has changed my name from Narendra Subhraj Singhvi to Narendra Kumar Singhvi for all future purposes.

I, Sujan Rao R/o 266 5th Cross Canara Bank Layout Vidyaranyapura B'lore-97 Changed My Name Sujan B.s to Sujan Rao for All Future Purposes.

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State of physical education

CONTINUED FROM PAGE 1

government schools do not have a teacher, though most private unaided schools may have," D Shashi Kumar, general secretary of Associated Management of Primary and Secondary Schools in Karnataka (KAMS), told Bangalore Mirror,

Sports and physical education are mandatory under the Right to Education Act (RTE). A playground is one of the eight physical facilities that schools are mandated to provide under the act.

On the other hand, parents said the state of physical education is concerning even in private schools.

"I recently shifted to Bangalore and have been looking for a school for my daughter which is good in all aspects. Most famous schools, I found out, are expensive, cater to the elite, and charge extra fees for almost everything. When it comes to physical education, these schools charge an extra and overpriced fee for sports equipment, sports uniforms, jerseys, and so on... If you cannot afford all these expenses you will have to let go of one or the other factor in education and settle for a school with inadequate facilities," said Satyanand K, a parent living in JP Nagar.

Medical experts stressed that physical education has to be given equal importance to academics in schools.

"These activities are very important, especially during the school years as that is when the child is developing. Decreased physical activity and increased sedentary behaviour among students can have negative impacts on their overall health and well-being. For example, it can lead to obesity, diabetes, and cardiovascular disease very early in life... Not just this, since screen addiction has increased among children during the pandemic, physical education, sports, and outdoor activities are some of the best ways to get rid of that. Now, both parents and schools need to focus more on physical education than they did before," explained Dr Nalini Rao, a city based paediatrician.

CRIME FILES

Minor dies after vomiting spell, doctors deny 'negligence'

A 15-year-old who was recently admitted to a private hospital due to vomiting died at the facility. The deceased's family alleged that she died due to the negligence of doctors.

She was a school student who was also working in a textile shop. In addition to that, she worked as a junior dancer and co-artist in some movies. During a movie shoot, she started vomiting and was taken to a hospital. However, the doctor involved stated that the child died while being admitted to the hospital, not due to their negligence. A case has been registered in Bagalagunte police station.

AAP leader 'threatened'

Meanwhile, Aam Aadmi Party (AAP) leader Mathai recently lodged a complaint with the Ashoka Nagar police station against Shanti Nagar Congress MLA NA Haris and his supporters. It has been alleged that Mathai, who was listening to the problems of the voters in Shanti Nagar constituency to prepare the manifesto, visited the government hospital and school near Neelasandra where he received threats. The former KAS officer demanded action against NA Harris and his supporters following the incident.

Man files FIR against wife

A man filed an FIR against his wife for allegedly eloping with a man she met on social media.

The woman developed a hobby of singing and making reels on Instagram. Through the app, a person named Deepak from Delhi was introduced to her six months ago.

Later, her husband alleged that she was on a WhatsApp call with Deepak. Deepak reportedly came to Bengaluru from Delhi and met his wife. The man said she eloped with Deepak and took their children along with her. A complaint has been registered at the Yeshwanthpur police station.

Student hit by car

A student has been admitted to a hospital following a serious accident.

According to police, the student, Swati, was hit by a car while crossing the road.

On February 2, at 1:30 pm, Swati was crossing the road in front of RV College near Mysore Road. A red car coming from the Kengeri side collided with her. She sustained serious head injuries and was immediately taken to a private hospital.

Residents alleged that the reason for the incident is negligence on the part of the BBMP and traffic police. The road from the Kengeri side had a speed bump earlier which was removed during Prime Minister Narendra Modi's visit eight months ago.

Man arrested for threatening father

A man has been arrested for issuing life threats to his father in the city, police said. The man was earlier jailed for having set his mother ablaze.

The accused has been identified as Uttam Kumar. According to police, Manjunath and his wife did not have children and adopted the accused.

Uttam Kumar is said to have torched his adoptive mother in 2018. He was jailed after the incident and after being released, he gave life threats to his father.

Manjunath owns five houses and the accused is said to have wanted his father to allow him to take the rent money. When Manjunath refused, he resorted to life threats. The police also stated that the accused went to the tenant and threatened him with a weapon so that he pays the rent only to him. When police went to arrest him, a high-tension drama ensued.

Sadashivanagar police have arrested him and further investigation is underway.

—BMB & AGENCIES

Adopt a zoo animal

CONTINUED FROM PAGE 1

of adopters. However, we did not undertake that kind of effort this year due to good gate revenue. We have been able to sustain well so far," said Panwar.

Officials said the zoo's revenue this financial year has more than doubled compared to the last year. BBP is expecting to touch the magic figure of 20 lakh gate visitors by the end of this financial year in March. The zoo is expecting to earn around Rs 50 crore in revenue.

Although the zoo is generating good revenue, the authorities said they plan to take up a fresh campaign to popularise the adoption scheme once again.

"While we came up with the scheme to generate revenue during the lockdown days, we are now realising that it is not about money but about creating a sense of attachment and bonding between the zoo animals and the public. We have noticed that when people adopt animals, they become involved with the zoo. The adopters start to enquire about the animals' well-being and visit the park frequently. It also gives them some sense of satisfaction and pride. It also helps to spread awareness about animals. Keeping these reasons in mind, BBP will soon have another campaign around the programme," Panwar told BM.

The park has multiple adoption plans for the patrons. People can adopt animals under the 'diamond class', 'gold class', 'silver class' and 'bronze class'. The rate of animal adoption under 'diamond class' varies between Rs 3 lakh and Rs 75,000 per year; the rate of adoption under 'gold class' varies between Rs 50,000 and Rs 20,000 per annum; the rate under 'silver class' varies between Rs 15,000 and Rs 10,000, and the rate under 'bronze class' varies between Rs 5,000 and Rs 1,000 per year.

Adopters also receive various other benefits along with a certificate of adoption and the privilege of their names displayed on the animal enclosures. The fund raised through the programme is used to upgrade the animal enclosures and facilities for the visitors.

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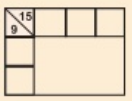
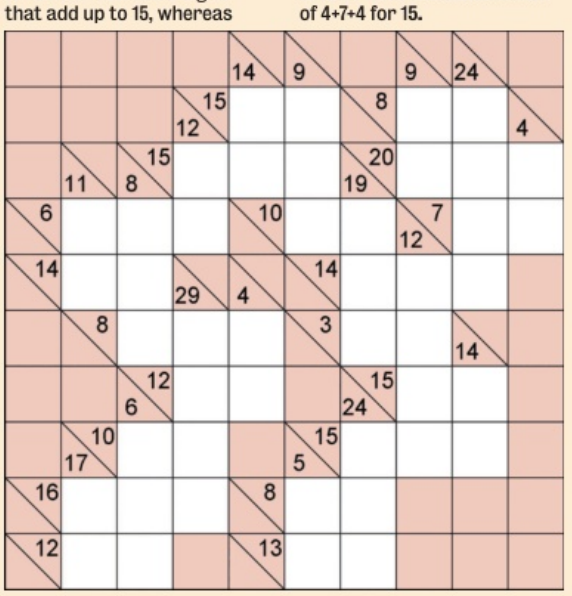
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

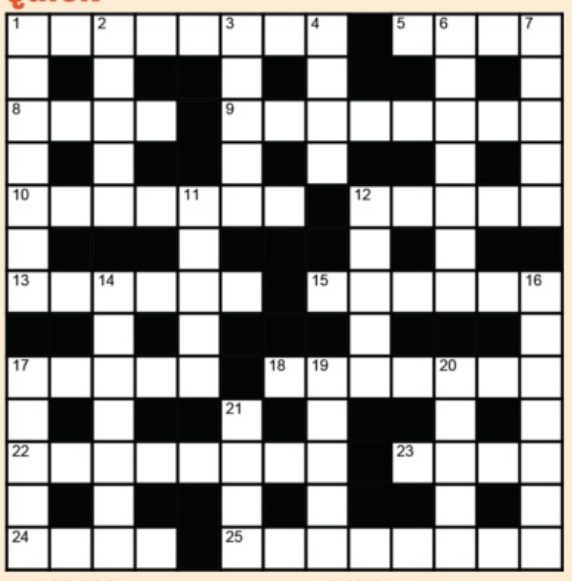


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Delayed (8)
5 Ball game (4)
8 You will find the remnants of his fort in the City Market area (4)
9 Guiltless (8)
10 Military greetings (7)
12 Measures of sheets of paper (5)
13 Defiles or smears (6)
15 Haemorrhages (6)
17 Measures or classifies (5)
18 Cleanse with water? (4,3)
22 Care or treatment of the feet (8)
23 Hindu wind God (4)
24 Narrow alley (4)
25 Detested thing (8)

DOWN

1 Hates or abhors intensely (7)
2 'Fiddler on the Roof' actor (5)
3 Unsophisticated (5)
4 Mark left by hard blow (4)
6 Work effectively (7)
7 Destinies, good fortunes or providence (5)
11 Sound qualities (5)
12 Breathing sounds (5)
14 ___ __ his advice : did as he counselled? (5,2)
16 Citrus fruit (7)
17 Force back (5)
19 Battleground (5)
20 Egg-shaped (5)
21 Musical instrument (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: I EQUALS P

JMW QDG PMMC KMBA MP VEA IAMICA DCC MP VEA VLBA, DGT DCC MP VEA IAMICA KMBA MP VEA VLBA, UWV JMW QDG GMV PMMC DCC MP VEA IAMICA DCC MP VEA VLBA.

Linemaro

You had better direct that beauty somewhere else, you will set the carpet on fire

Mindchow

It is as hard to see one's self as to look backwards without turning around

Joke of the day

Beauty isn't measured by outer appearance and what clothes we wear, but what we are inside. So, try going out naked tomorrow and see the admiration

Loop

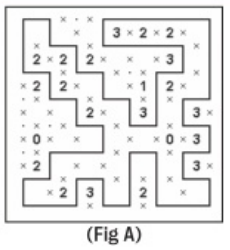
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

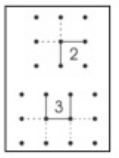
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

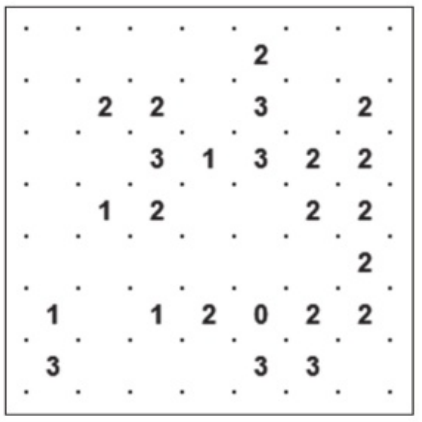
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



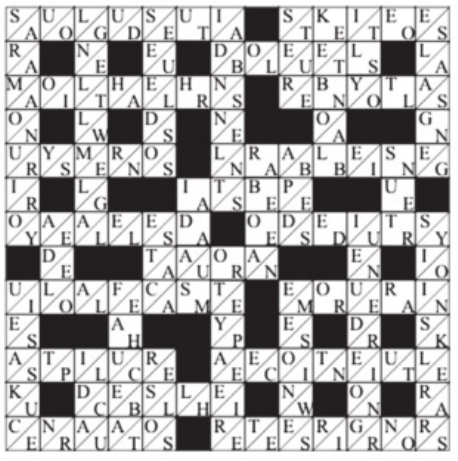
(Fig A)



(Fig B) Not Allowed



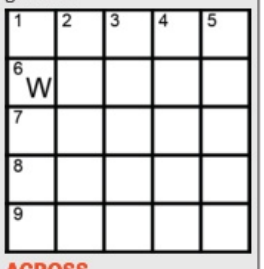
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

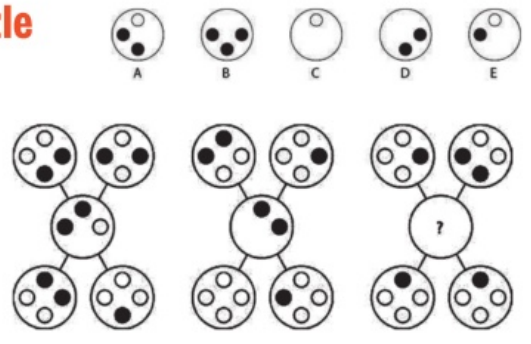
1 Phase; 6 On Wag; 7 Glad I; 8 Ler me; 9 Up Rod

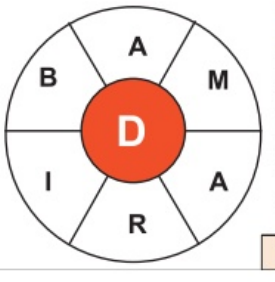
DOWN

1 Was MP; 2 Lehar; 3 Or gag; 4 Oil up; 5 Den Ed

Mensapuzzle

Which circle should replace the question mark?





Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 11 Good; 13 Outstanding

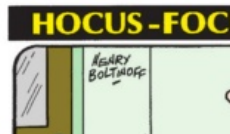
SudokuChallenge

		5				2		
			2	6	7			
6	7			4			1	8
	5	3		8		4	7	
				2				
	8	4		1		3	9	
9	3			7			5	1
			6	3	1			
		1				7		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 12

3 7 7 9

Medium = 7

2 6 6 8

Hard = 17

1 5 8 4

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

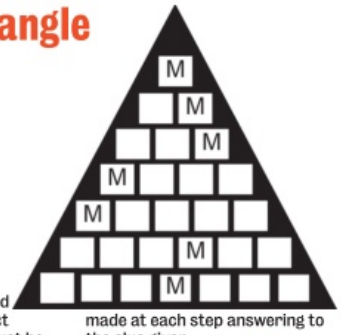
Differences: 1. 1. Foot is moved. 2. Leaf is longer. 3. Doorknob is lower. 4. Bow tie is missing. 5. Hat is larger. 6. Briefcase is moved.

Riddler

I am tied up at least once a day And forced to carry ten nails. I work diligently without any pay And follow your many trails. I do not smell very well But at least I have many eyes. I have two tongues but never yell And I'll bet you know my size. What am I?

Alpha triangle

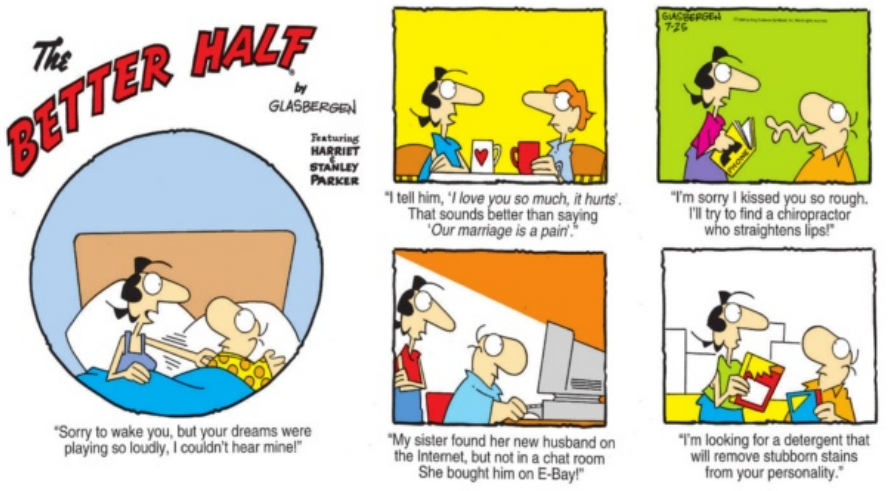
1 Bond's boss
2 In the morning
3 Root vegetable
4 Mimicking bird
5 Macho
6 Nonprofessional
7 An irregularity



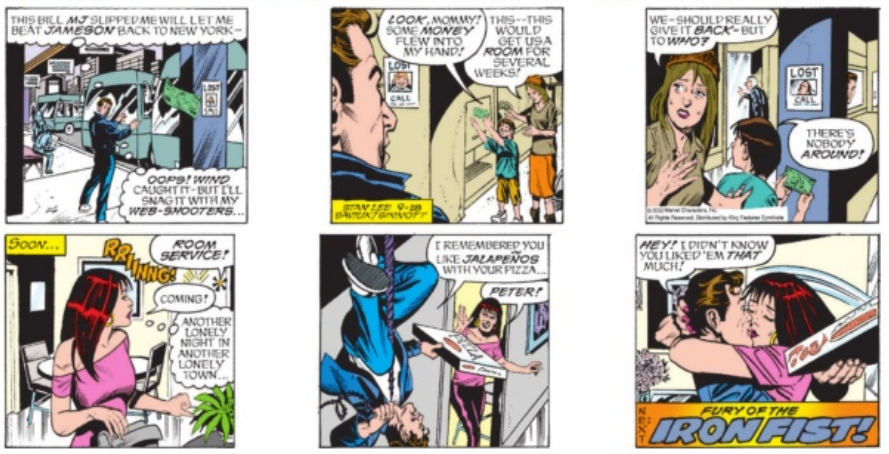
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
"Sorry to wake you, but your dreams were playing so loudly, I couldn't hear mine!"
"I tell him, 'I love you so much, it hurts'. That sounds better than saying 'Our marriage is a pain'."
"I'm sorry I kissed you so rough. I'll try to find a chiropractor who straightens lips!"
"My sister found her new husband on the Internet, but not in a chat room She bought him on E-Bay!"
"I'm looking for a detergent that will remove stubborn stains from your personality."

the AMAZING SPIDER-MAN
STAN LEE
POSSESSING INCREDIBLE "SPIDER-POWERS", PETER PARKER USES HIS SCIENTIFIC WIZARDRY TO CREATE AN ARTIFICIAL WEB-SHOOTER--
THWIP!
--A SIMPLE DEVICE, MAKING HIM MASTER OF THE CITY'S ROOFTOPS!


THIS BILL MJ SLIPPED ME WILL LET ME BEAT JAMESON BACK TO NEW YORK--
OOPS! WIND CAUGHT IT--BUT I'LL SNAG IT WITH MY WEB-SHOOTERS...
LOOK, MOMMY! SOME MONKEY FLEW INTO MY HAND!
THIS--THIS WOULD GET US A ROOM FOR SEVERAL WEEKS!
STAN LEE '9-88 SANTA/SPANOS
WE--SHOULD REALLY GIVE IT BACK--BUT TO WHO?
LOST CALL
THERE'S NOBODY AROUND!
SOON...
BRRIING!
ROOM SERVICE!
COMING!
ANOTHER LONELY NIGHT IN ANOTHER LONELY TOWN...
I REMEMBERED YOU LIKE JALAPEÑOS WITH YOUR PIZZA...
PETER!
HEY! I DIDN'T KNOW YOU LIKED 'EM THAT MUCH!
FURY OF THE IRON FIST!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may be happy and may have mental peace. You are likely to be busy with friends and family. You may enjoy your domestic life. Bonding with your spouse is likely to be increased, which may maintain domestic harmony. There may be a new partnership in business. New innovations may help your business grow.

Taurus Apr 21 – May 20
Today you may begin your day with positive thoughts. You may be in winning positions against your opponents and hidden enemies. Your work may be praised by your seniors and you may get some new responsibilities in terms of promotions. Students are blessed by the moon, which may show them the right path to choose good career options.

Gemini May 21 – Jun 21
Today you may be busy with family issues. You may explore extra sources of income in terms of gains. You might take an interest in artefacts, movies, and glamour, which may improve your creativity. Lovebirds have a clear view in terms of their relationships. Students may now go ahead towards their aim in terms of career.

Cancer Jun 22 – July 23
Today you may have many options, which can leave you confused. You may decide to visit your elders to consult them before making any important decision. Your past experiences may show you the right path to take right decisions in terms of work and domestic life. Today you should be careful of your parents' health.

Leo Jul 24 – Aug 23
Today your business plans are likely to be successful with support from your subordinates. You may undergo short trips in terms of business, which will give you benefits in the near future. You may be involved in social and family get-togethers, which may increase your network.

Virgo Aug 24 – Sep 23
Today is a good day for gains. You can make good plans to get gains from your investments. You may save money by avoiding expenditure on unnecessary items. This may boost your savings. Lovebirds may be busy with family functions.

Libra Sep 24 – Oct 22
Today you may be busy with issues related to siblings and relatives. You may expect some support at work, which may help you with tasks. Your network may help you to complete your projects successfully. You may plan to start some new venture with the help of your siblings and network. There may be some smart gains after minimal effort.

Scorpio Oct 23 – Nov 22
Today you may have dull feelings, which may affect your health. You may not get results from your professional meetings. You may feel like you wasted your day. After late evening, disappointments may convert into happiness. You are advised to avoid rash driving or adventure tourism.

Sagittarius Nov 23 – Dec 22
Today is a good day. In business, you may get new clients, which will be helpful in terms of growth and profits. Singles are likely to find their soulmate. In your domestic life, you must avoid hiding anything from your spouse, otherwise it will create some gaps in your relationship. Job seekers are likely to get a new job. There are chances of promotions.

Capricorn Dec 23 – Jan 20
Today, with the help of your network, you may implement your business plans. You may use your wisdom to gain profits. You may also see harmony in your domestic life. There may be good understanding between you and your spouse. Those in jobs related to metal and booking agents will do better.

Aquarius Jan 21 – Feb 19
Today you are more spiritual. You may plan to visit some spiritual place to find peace of mind. You may donate some money to charity or a spiritual place. People around you may get help and support from you in terms of finance or moral support. You may enjoy every moment with satisfaction and patience.

Pisces Feb 20 – Mar 20
Today you may feel dull. You are advised to control your temper. Your focus is tested many times. You should try to avoid being scattered towards your goals. It is advised not to invest in worthless things. Lovebirds are advised to avoid making arguments on worthless topics.

KIDZONE

Pradhyumn Anano, 6 Years, Vibgyor High School

Tanisha V Dhariwal, 7 Years, BVM Global School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER
Your shoes

QUOTE UNCODE
You can fool some of the people all of the time, and all of the people some of the time, but you can not fool all of the time.

FAST FIVE

S	H	A	P	E
W	A	G	O	N
A	L	G	I	D
M	E	R	L	E
P	R	O	U	D

BULL'S EYE
amid, arid, bard, bard, drama, drama, maid, rabid, raid

STRIKE OUT

A	U	G	U	S	T	A	S	K	I	E	S			
R	E	E	B	L	U	E	S		N		E			
M	O	T	H	E	R	S		E	B	O	L	A		
O	W	D	E		A			A			N			
U	S	E	R	S		N	A	B	B	I	N	G		
S	P	I	C	E		A	C	O	N	I	T	E		
S		A		P	E		R	K						
I	L	L	F	A	M	E		M	O	U	R	N		
	E		T	A	R	N			N		O			
Y	E	L	L	E	D		O	D	D	I	T	Y		
R		L		A	T	E	E		E					
	S	A	L	U	T	E	S		R	E	A	M	S	
E		O		V		T		R			N			
T	I	P	U		I	N	N	O	C	E	N	T		
	O		A		E		P				A			
D	E	T	A	I	N	E	D		G	O	L	F		

QUICK

L	A	N	E		A	N	A	T	H	E	M	A		
E		O		B		N		T		M				
P	E	D	I	C	U	R	E		V	A	V	U		
E		T		R		V		S						
R	A	T	E	S		W	A	S	H	O	U	T		
	C		E									A		
S	T	A	I	N	S		B	L	E	E	D	S		
	O				A		T							
S	A	L	U	T	E	S		R	E	A	M	S		
E	O		V		T		R			N				
T	I	P	U		I	N	N	O	C	E	N	T		
	O		A		E		P				A			
D	E	T	A	I	N	E	D		G	O	L	F		

MENSA PUZZLE
8: circles are only transferred to the middle circle when they appear in the same position just once in the four surrounding circles.

SOLVE IN 1M
$8=2+3(15+3(-2)-3)-0$
$=8+2+3(15+3(-8)-1)-0$
$=8+2+3(15-24)-0$
$=8+2+3(-9)-0$
$=8+2+3\times1$
$=3+3=6$

SUDOKU

3	4	5	1	9	8	2	6	7
8	1	9	2	6	7	5	3	4
6	7	2	5	4	3	9	1	8
1	5	3	9	8	6	4	7	2
7	9	6	3	2	4	1	8	5
2	8	4	7	1	5	3	9	6
9	3	8	4	7	2	6	5	1
5	2	7	6	3	1	8	4	9
4	6	1	8	5	9	7	2	3

ALPHA TRIANGLE
M, Am, Yam, Myna, Manly, Layman, Anomaly.

GO FIGURE
Easy
$9+3-7+7=12$
Hard
$8-2/6+6=7$
$5+8+4\times1=17$

LOOP

KAKURO

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BATTLE THE ODDS

Celebs who have helped raise awareness about cancer

World Cancer Day is annually observed on February 4 to spread awareness about cancer and the prejudices associated with the condition. There is a growing trend among celebrities to use their social media platforms to raise awareness about cancer and its impact on people's lives. Here are some celebrities who have helped to raise awareness about cancer.

Yuvraj Singh

The former Indian cricketer was diagnosed with cancer in 2012 and underwent treatment in the United States.

He has since become a strong advocate for cancer awareness and has encouraged people to get regular check-ups and to educate themselves about the risks and symptoms of cancer.

Manisha Koirala

Manisha won a battle against ovarian cancer and has also written a memoir, 'Healed: How Cancer Gave Me a New Life'. The actor also shared pictures of her journey on social media which was an inspiration for everyone who is battling cancer.

In one of her posts, she shared a collage in which she was lying on a hospital bed in the first picture and standing surrounded by snow-capped mountains in the second.

Lisa Ray

Sonali Bendre

Lisa Ray

Lisa has inspired many people with her courageous battle against cancer. In 2009, she was diagnosed with multiple myeloma, a type of blood cancer, and underwent a gruelling course of treatment.

Despite the challenges, she has since become a strong advocate for cancer awareness. Through her inspiring journey, Lisa has shown the world that it is possible to overcome even the toughest challenges with courage, positivity, and determination.

Sonali Bendre

In 2018, the actor was diagnosed with metastatic cancer and had treatment in New York.

She has now become a great advocate for cancer awareness, using her platform to share her personal story, encourage people to get regular check-ups and educate themselves on the risks and symptoms of cancer.

Tahira Kashyap

Tahira Kashyap, the author-turned-director and wife of actor Ayushmann Khurrana, was diagnosed with breast cancer in 2018. She did not hide her cancer diagnosis from the world; instead, she decided to artistically document her cancer experience on social media to inspire other women worldwide.

—ETimes

Tahira Kashyap

Title-defying performances

NATA BHAYANKARA

2.5 RATING ★★½☆☆

- **DIRECTOR** Pratham
- **ACTORS** Pratham, Sushmitha Joshi, Saikumar, Shobharaj, Kuri Pratap, Om Prakash Rao
- **Duration** 127 minutes
- **Certification** U/A

This film's title – Nata Bhayankara - means an actor par excellence, but the performance of the lead and other actors is quite the contrary. The movie begins with a narrator telling us about the excellent qualities of Puttu (Pratham), a movie actor who becomes a nuisance for the director (Om Prakash Rao) and producer (Biradar). The shooting of the movie is shifted to a haunted bungalow where the cast and crew are troubled by a ghost.

At this juncture, we are told how Shankara married Punya, who owns the bungalow, and how Shankara kills Punya's grandmother and how Punya dies by suicide. The director introduces Agni MBBS (Saikumar) who volunteers to counsel Puttu. Agni MBBS visits the haunted bungalow and advises Puttu to make arrangements for a pooja. What happens to Puttu is what the tale is all about.

In the acting department, Pratham has not even tried to showcase his acting skills. Perhaps, the dual responsibility of playing the lead and being director would have made him not only take too much liberty but also become irresponsible towards his assignment. His performance, especially in action scenes, is too over the top. Saikumar continues to depend on his dialogue delivery rather than improving his acting skills. He appears in a few scenes and disappears after delivering a few dialogues. Director-cum-artiste Om Prakash Rao has acted well. His character in this movie explains how hapless directors have to struggle to make movies if the lead actors create problems by not focusing on acting and spending time in a caravan. Character artiste Shankar Ashwath and Kuri Pratap provide good support. Music by Pradyothan is passable.

It is worth a watch, only if you have nothing much to do.

—Y Maheswara Reddy